



Improving emotional health and well being

On the edge of our seats: when excitement tips into anxiety

Jessica McDonald B.A. Psych, MOC, R. Psych.
Comfy Couch Psychology

**Learn about classroom anxiety
and strategies to address stress
and improve performance.**

This session covers what anxiety
can look like in a school setting,
and how it affects a child's
academic performance.

Participants are offered practical
tools and strategies to support
children in managing their anxiety
at school.

Tailored for grades 3-9.



**Monday February 7 2022
6:30 pm**

**Click here to
register or open
your phone's
camera and
use the QR
code below**

